

**New Dawn School #49**  
**Lunch Menu**  
**9 - 12**  
**September- 2016**

<b>Monday- Menu D</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>1.Thursday</b> Chicken Tomato bake Broccoli Fruit cocktail Raisins Vanilla ice cream Milk 1%	<b>2.Friday</b> Beef pepper steak Herbed cauliflower Brown rice Mandarin oranges Milk 1%
<b>5.Monday-Menu F</b>  <b>Labor Day Holiday</b>	<b>6.Tuesday</b> Gateway chicken salad Gateway tossed salad Garlic toast Whole wheat sugar cookie Fruit cocktail Fat free ranch Milk 1%	<b>7.Wednesday</b> Bean & ham soup Toasted cheese sandwich Carrots Peach cup/applesauce cup Mayonnaise Milk 1%	<b>8.Thursday</b> Chicken Broccoli rice dish Stewed tomatoes Wholegrain biscuit Fresh orange/mixed fruit Margarine/jelly Milk 1%	<b>9.Friday</b> Macaroni cheese & ham bake Herbed cauliflower New Dawn green beans Garlic toast Mandarin oranges/chocolate pudding cup Milk 1%
<b>12.Monday –Menu B</b> Country fried steak Fries Potato rounds Broccoli Hamburger bun/wholegrain Spiced apples Ketchup/margarine Milk 1%	<b>13.Tuesday</b> Chicken noodle casserole mixed vegetables raisins/ orange juice Wholegrain bread Margarine/jelly Milk 1%	<b>14.Wednesday</b> Beef taco pie Brown rice Refried beans Tomatoes Fresh grapes Peach cup Milk 1%	<b>15.Thursday</b> Sweet & sour pork New Dawn green beans Brown rice Fruit cocktail Milk 1%	<b>16.Friday</b> Ground beef & Spanish rice Carrots Cornbread Pears Margarine Milk1 %

<b>19.Monday –Menu C</b> Honey lemon chicken Copper penny carrots Broccoli Brown rice pilaf Mixed fruit Milk 1%	<b>20.Tuesday</b>  <b>STAFF DEVELOPMENT</b> <b>NO STUDENTS</b>	<b>21.Wednesday</b> Chicken taco plate Black beans(seasoned) Brown rice Mandarin orange Milk 1%	<b>22.Thursday</b> Meatballs Yellow squash Noodles Fruit cocktail Vanilla pudding cup Brown gravy Milk 1%	<b>23.Friday</b> Tuna noodle casserole Peas & carrots Wholegrain bread Fresh orange /apricots Margarine Milk 1%
<b>26.Monday Menu D</b> Shepherd's Pie Broccoli Whole Grain bread Margarine/jelly Diced watermelon Milk 1%	<b>27.Tuesday</b> Chicken ala king Carrots Brown rice Spiced apples Milk 1%	<b>28.Wednesday</b> Beef tamale pie Brown rice Black beans Pears Milk 1%	<b>29.Thursday</b> Breaded fish portion Fresh chopped tomatoes Spinach Brown rice Pilaf Strawberry cup Milk 1%/apple juice	<b>30.Friday</b> Meatloaf Scalloped potatoes New Dawn green beans Cornbread Apple sauce cup Brown gravy/margarine Milk 1%